A925
OWNER'S MANUAL
ASSEMBLY INSTRUCTIONS

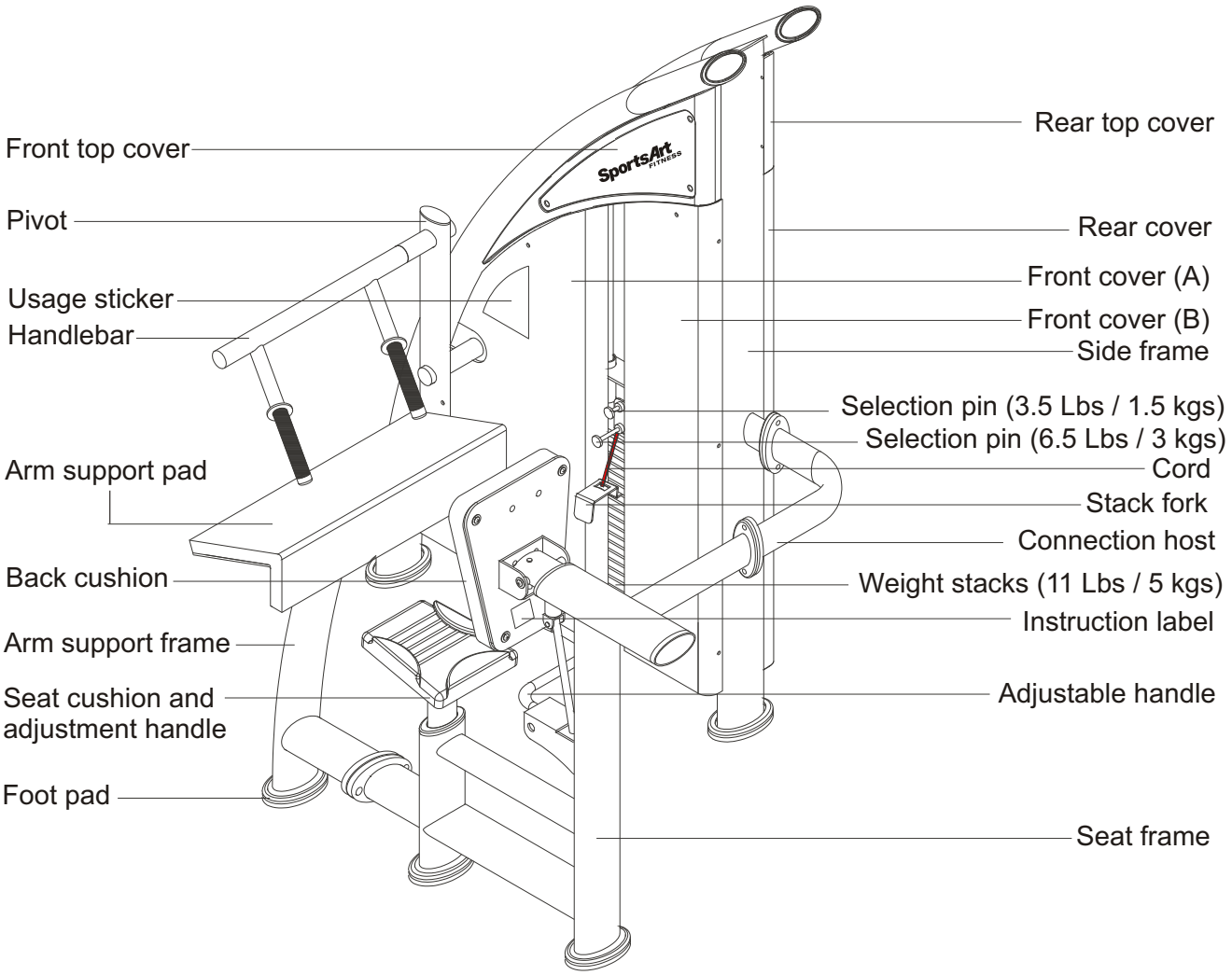
TRICEPS EXTENSION

SportsArt FITNESS

A. SAFETY INSTRUCTIONS

- Read all cautions/warnings and obtain proper instruction on use of the machines prior to using. Use appropriate positioning and controlled movements.
- Assemble and operate the strength on a solid, level surface. Do not use outdoors or near water.
- Never allow children on or near the strength.
- Make sure all fasteners are properly tightened for safety. DO NOT use the strength if the unit is disassembled in any way.
- Keep head, limbs, and fingers clear of all moving parts.
- If at any time during exercise you feel faint, dizzy or experience pain, stop and consult you physician.
- DO NOT wear loose or dangling clothing while using the equipment. Keep away from all moving parts.
- Use care when mounting and dismounting the unit.
- DO NOT use any accessories that aren't specifically recommended by the manufacturer. These might cause injuries or cause the unit to fall.
- Close supervision is necessary when this strength is used by, on, or near adolescent, invalids, and disabled persons.
- Use this strength only for its intended use as described in this manual.
- Never operate this strength if it has been damaged in any way. If it is not working properly, been dropped or damaged, contact your dealer. DO NOT attempt to fix a broken or jammed machine. Notify floor staff.
- Never drop or insert any object into any opening.

B. Introduction



C. List of Parts

1. One side frame

2. One main frame

3. Four hexagon head bolts, M10 x P1.5 x L30, for the main frame

4. Four spring washers, M10, for the main frame

5. Four hexagon nylon nuts for the main frame

6. Two hexagon head bolts, M10 x P1.5 x L30, for the seat frame and hand support frame

7. Two spring washers, M10, for the seat frame and hand support frame

8. Two hexagon nylon nuts, M10 x P1.5, for the seat frame and arm support frame

9. One double-end open wrench, 17mm x 23mm

10. One double-end open wrench, 8mm x 17mm

11. One hex key wrench, M6

12. One hex key wrench, M5

13. User's manual

14. Twelve washers, D16 x d10.2 x t1.0, for the main frame

15. Four washers, D16 x d10.2 x t1.0, for the seat frame and hand support frame

D. STEP BY STEP INSTRUCTION:

1. Hold the side frame during assembly, then connect the linkage tube to the side frame. Secure screws tightly as shown in Fig. 1.

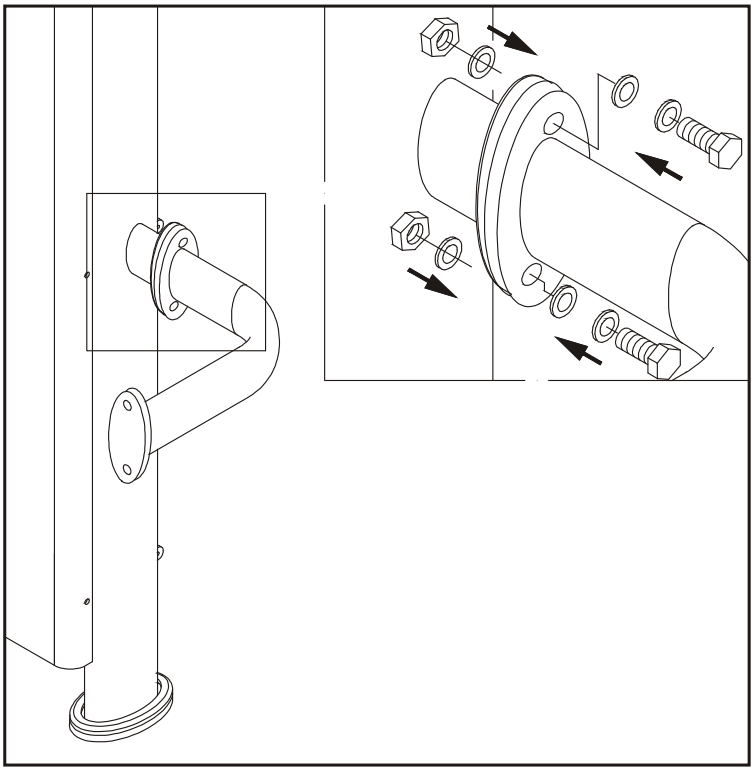


Fig.1

2. Secure the arm support frame onto the main frame as shown in Fig. 2.

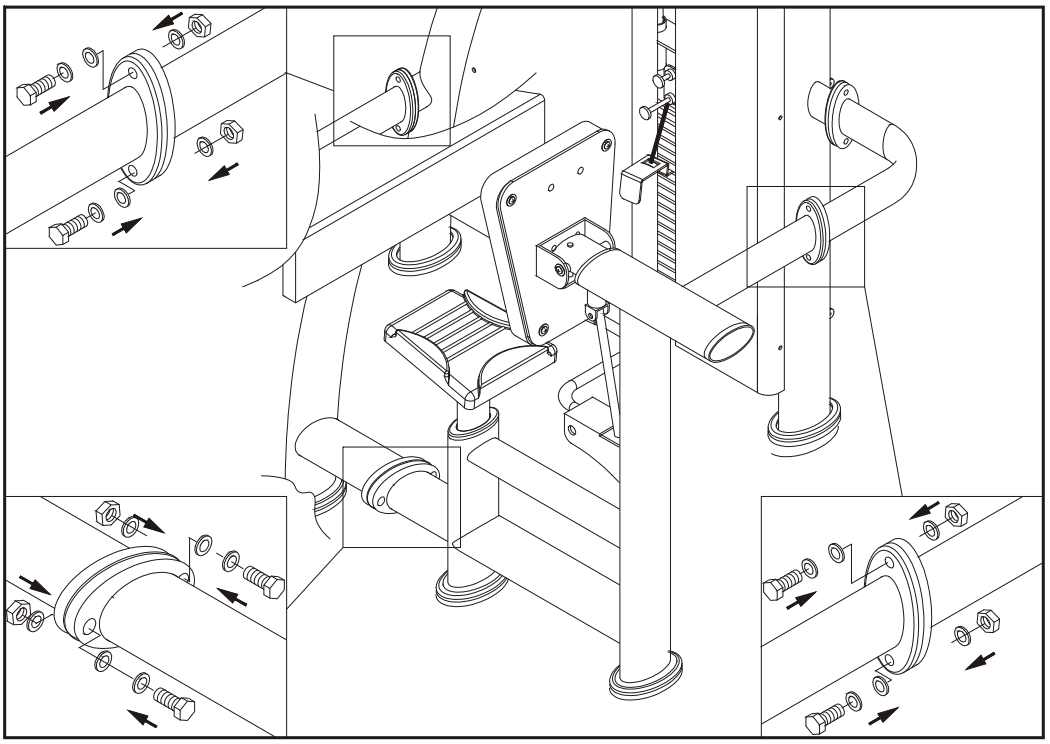


Fig.2

E. BELT ADJUSTMENT:

1. If the belt is too tight or too loose, first loosen nut A as shown then adjust nut B. If the belt length is too long, adjust downward; if the belt length is too short, adjust upward. Adjust the belt to the proper position, then tighten nut A.

2. The gap between nut A and B must be within 35mm(1.4"). If the gap still exceeds the 35mm limit after the first step, please loosen the screws on C and adjust the belt to the proper length. Tighten the screws and follow the 1st step again. (See Fig. 3)

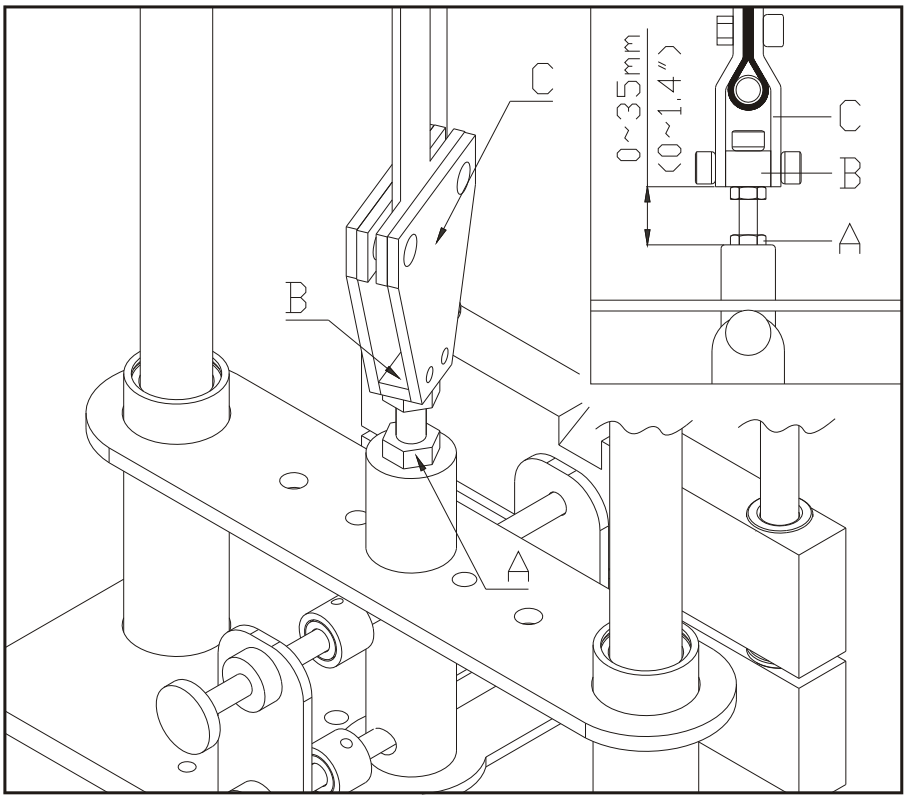


Fig.3

F. HOW TO USE THE MINOR WEIGHT STACK

1. To adjust the minor weight stack, insert the upper pin to add 3.5Lbs/1.5kgs or the lower pin to add 6.5Lbs/3kgs.

2. Pull the pin to release the weight. (See Fig. 4)

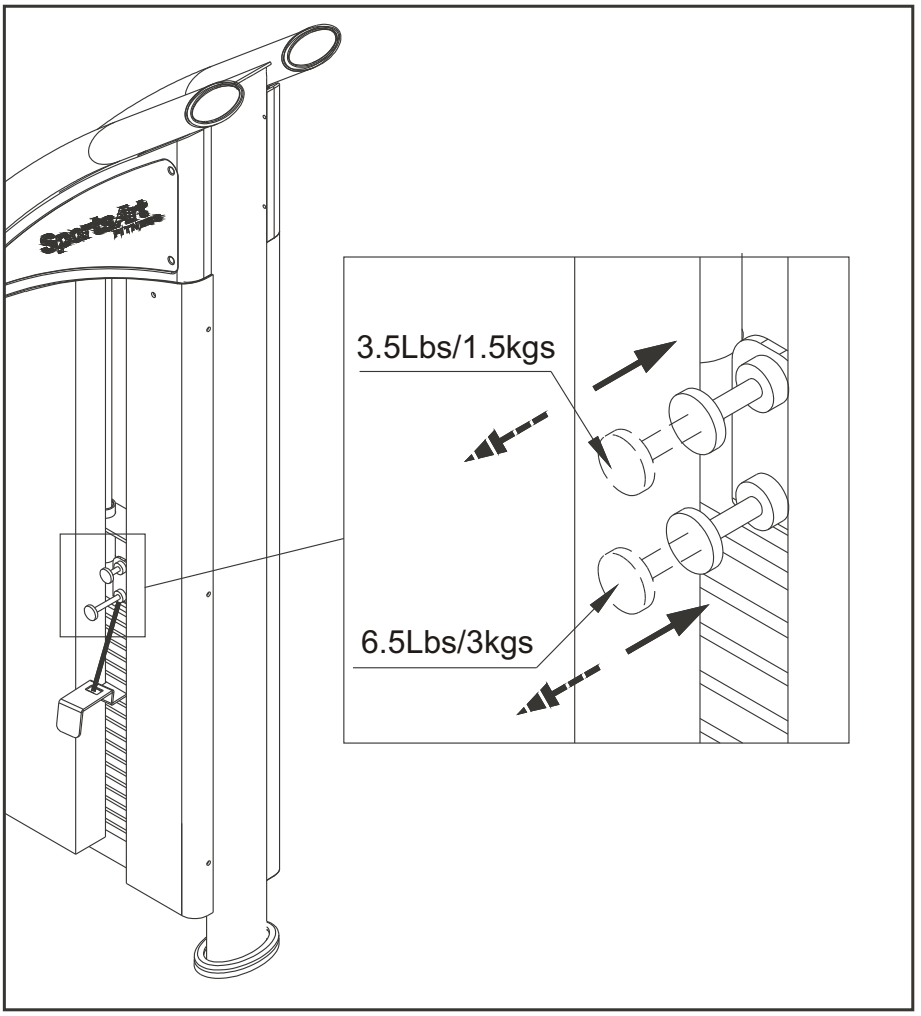


Fig.4

G. SEAT BACK ADJUSTMENT

1. Pull the handle forward or backward to adjust the back cushion. (See Fig. 5)

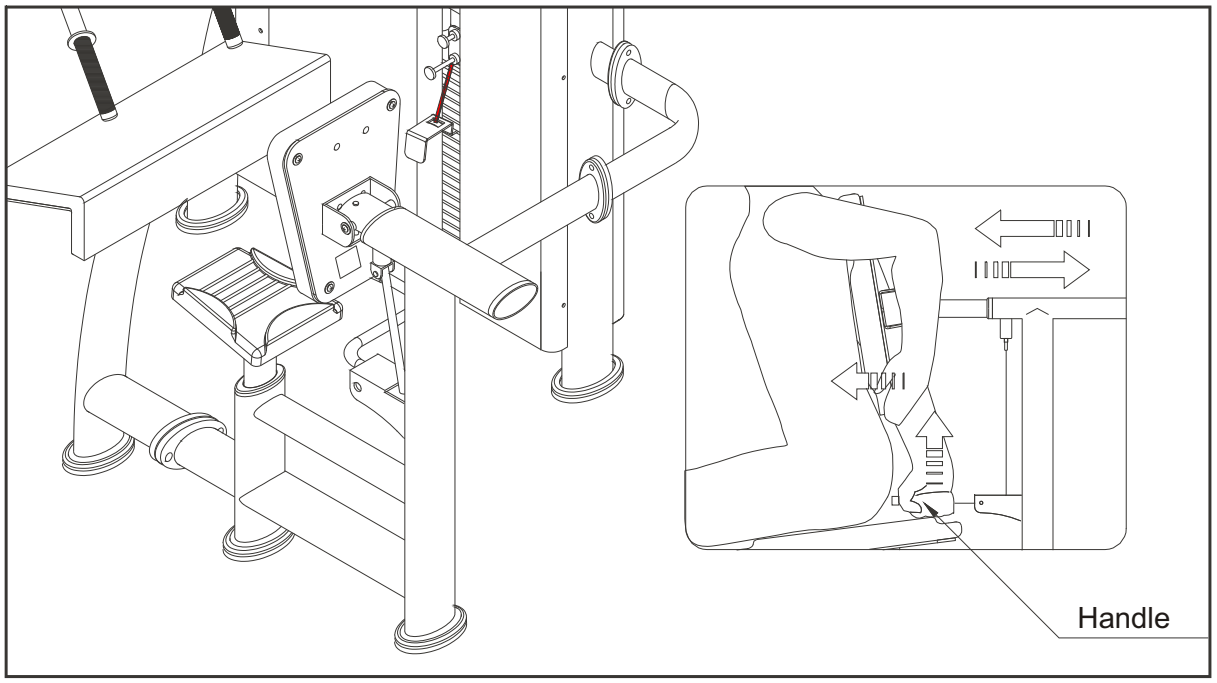
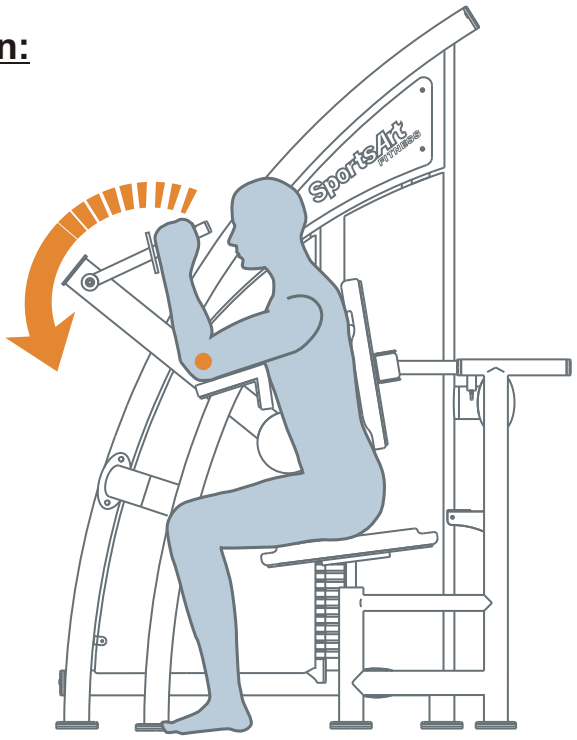
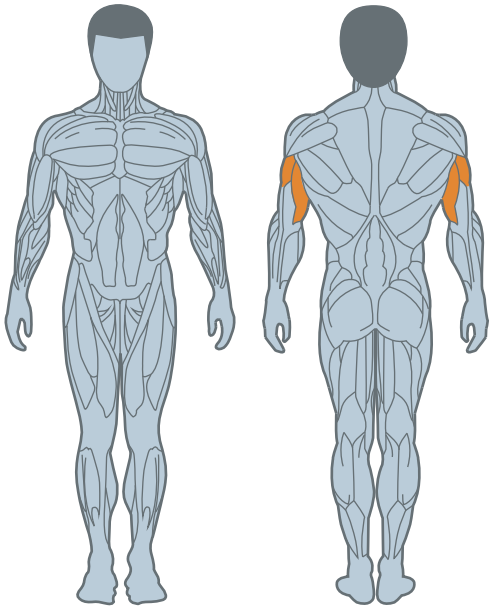


Fig.5

Usage Instruction:



TRICEPS Extension



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CAUTION

Do not allow people near the machine when in use. Do not use the machine if you are unfamiliar or do not know how to operate this equipment.

① Select a resistance level that enables you to perform the movement correctly.

② Adjust seat height so that elbows are positioned at pivot point height.

③ Place upper arms parallel, arms are bent at elbows.

④ Grasp handles and pull downward.

⑤ Make sure that the upper arms are maintained firmly on the support.

⑥ Perform the exercise in a controlled manner. Exhale when pushing against resistance.